



**BEAUTY
AVATAR
MAKEUP
ARTIST
CARMINDY
LAUNCHES
TUTORIAL
APP (page 11)**

COLBY
JAYS' GM WANTS
FRESH START WITH
NEW PLAYER {page 17}



LONDON

metro®

Thursday, July 28, 2011
www.metronews.ca



News worth sharing.

Ribfest gets sticky with it

► Organizers pick 10 ribbers to compete during the festival ► Ribbers from across North America participating

"If you don't have three hours, don't make a rib."

Winner of the people's choice award at last year's Ribfest, Victor Anast knows what he's talking about when he describes the time and preparation that goes into making a good rack of ribs. And he says three hours is just the amount of time required for smoking the meat.

According to Anast, who is known for making "ribs more tender than your mama's love," additional time is required — both before smoking, when the dry rub is applied, and after smoking,

whereupon the rack should be left to sit before being applied to the barbecue to cook for another hour.

Anast's solution for anyone who can't invest that much time?

"Come to Ribfest!"

Anast has travelled to London from Bear Creek, Ky., to prepare his father's Kentucky Smokehouse ribs at this year's festival. In addition to last year's award, Anast received the most helpful ribber award in 2009. Anast is 17

years old and in charge of the operation for the third year in row.

"The older guys didn't always want to listen to me, especially when I started doing this when I was 15," he admitted with a laugh. "But now they do."

We've grown to respect each other."

Respect can be found in other areas of this year's festival as well, from the eco-stations that promote recycling and composting, to the various charitable organizations

that are supported by the event, to new initiatives to help senior citizens feel more welcome.

"Thursday is seniors

day,

Carnivores rejoice

- **What:** 25th annual Ribfest.
- **Where:** Victoria Park.
- **When:** Thursday to Sunday from 11 a.m. to 11 p.m.; Monday from 11 a.m. to 10 p.m.
- **Cost:** Free admission; all-day carnival rides are \$15 for children.

where we will have special lineups for seniors," said Doug Hillier, event promoter with Family Shows Canada.

"We're showing respect for our elders by having shorter lines for them that day, and we also offer two special pavilions for seniors this year."

Prizes for best ribs, second-best ribs and best sauce will be awarded at 3 p.m. on Monday. Patrons will be given a ballot and could be selected at any time to be a rib judge. ● DAWN LYONS

How to make your ribs as tender as 'mama's love'

People's choice champ ribber Victor Anast's advice for preparing delicious ribs:

- Smoke the meat. While the Anasts use a hickory and sometimes cherry or plum wood in their smoker, Anast says certain types of woodchips are available at some grocery and kitchen-supply stores that can be soaked and placed in a barbecue to get the smoky flavour.

"You get the flavour without drying the meat," he said.

- Never boil the ribs. Always bake them, but never rush the baking by using high heat. When using the barbecue, use indirect heat.

- Apply a dry rub to the meat before smoking. Anast wouldn't share the secrets of the dry rub used by Kentucky Smokehouse, but he insists flavouring the meat with a dry rub, instead of a marinade, makes a better-tasting rib.

- Don't use a smoky sauce. Anast says a smoky sauce, especially if applied to ribs that have already been smoked, will overpower the meat's flavour.

● DAWN LYONS



► Victor Anast and Kentucky Smokehouse are back from Bear Creek, Ky., to defend the people's choice award they won at last year's Ribfest.



ADEKEMI S.
Financial Analyst

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\$12,000*

IN PRICE ADJUSTMENTS
2011 F-250 Super Cab 4x4 Diesel amount shown

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Employee Price Adjustment.....	\$1,083
Delivery Allowance.....	\$1,000

Total Eligible Price Adjustment...\$2.083



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**BEST NEW SMALL CAR
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DRIVE UP TO 927KM*** ON A SINGLE TANK



SEI model shown

The all-new 2012 **FOCUS SE**
DELIVERS AN IMPRESSIVE
59 MPG[†] WITH SEE ONLY

Employee Price Adjustment.....	\$1,280
Delivery Allowance.....	\$1,000

Total Eligible Price Adjustment...\$2,280

\$18,299*

Offer excludes taxes



4.8L/100km 59MPG HWY†
7.2L/100km 39MPG CITY†



2011 **FUSION** SE AUTO
CANADA'S BEST SELLING
MIDSIZE SEDAN[†]

Employee Price Adjustment.....	\$1,835
Delivery Allowance.....	\$2,500

Total Eligible Price Adjustment...\$4,335

\$21,644*

Offer excludes taxes



2011 **ESCAPE** XLT AUTO
CANADA'S BEST SELLING
COMPACT SUV^{††}

Employee Price Adjustment.....	\$1,891
Delivery Allowance.....	\$3,000

Total Eligible Price Adjustment...\$4,891

\$22,288*

Offer excludes taxes

7.1L/100km 40MPG HWY**
10.0L/100km 28MPG CITY**

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| ontarioford.ca |

Get your employee price today, only at your Ontario Ford store.

London volunteer honoured

Herald Krimmer, an adviser with the London Financial Centre, has been named Sun Life Financial's 2010 volunteer of the year.

Sun Life will donate \$10,000 to the Ronald McDonald House of Southwestern Ontario on Krimmer's behalf. With Krimmer's help, Ronald McDonald House was able to expand its aging facilities to accommodate 34 families instead of 17. He also helped raise \$8.5 million as co-chair of the Ronald McDonald House capital campaign.

Krimmer has also spent time volunteering with the London Food Bank and the Boys and Girls Club.

● METRO



► Herald Krimmer

Summer's first West Nile case reported

The Middlesex-London Health Unit announced yesterday that it has received laboratory confirmation that a dead crow found in the Trafalgar and Hale area of east London has tested positive for West Nile virus. It's the first bird to test positive for the disease this year.

● METRO

Pounding. Pavement



► Janice Forsyth, director of the International Centre for Olympic Studies at the University of Western Ontario, runs up University Hill yesterday morning.

MIKE ARSENAULT/FOR METRO

Prof sweating it out in the sun

"When my knees are OK, and the sun is out, I like to (run) every day," Forsyth said. She said she typically runs five to eight kilometres per day along the trails and green space around campus.

Cha-ching! Researchers at UWO win large grants

- 320 researchers at Western receive grants from Ontario Research Fund
- About \$9 million given to researchers through various grants



MIKE ARSENAULT
LONDON@METRONEWS.CA

Hundreds of UWO researchers have emerged from an apparently highly competitive selection process — up against some of the brightest minds in the province — to receive grants from the Ontario Research Fund.

"We couldn't do it without (government support)," said Christopher Schlachta, professor of surgery and oncology at Schulich School of Medicine and Dentistry.

"It's a remarkable vote of confidence — the partnership between the government, our researchers and even our private industry partners is recipe for success."

The fund aims to assist researchers in a variety of fields. With funding and support, researchers can have the means to develop new technologies and processes that may have broad, practical applications and can impact not just Ontarians, but people around the world.

According to London-

Big grant winner

Prof. Christopher Schlachta's research team received the largest grant at Western — \$3.2 million — for their work in developing simulation-based training for surgeons.



► Schlachta

"The specific focus of this grant is to develop the devices and training technologies," Schlachta said. ● MIKE ARSENAULT

Fanshawe MPP Khalil Ramal, the innovative work of researchers is something that will benefit society for years to come.

"(We need) to serve the minds of researchers who can create a lot of elements for us to be successful in the future," Ramal said.

Dog dies in another house fire

For the second time in as many nights, London Firefighters had to battle a house fire.

A one-storey house went up in flames just after 8 p.m. Tuesday when no one was home.

No people were hurt in the fire, but two pets were, one fatally.

"There were two dogs in the house at the time. The owner got them both out. One was lost due to smoke inhalation," said district fire Chief Dave Beecroft. "The other was taken to the emergency vet's for observation and treatment for smoke inhalation."

Investigation

- The cause of the fire remains under investigation, but it's not considered suspicious.

The fire, started in the kitchen, caused \$60,000 in damage. AM980/AM980.CA

Medway Park facelift done

The renovations at Medway Park are officially complete.

Located in the West London community of White Hills, Medway Park is the primary green space in the area and provides families with free recreation activities year-round.

Improvements to the park include a spray pad, skate park and new playground equipment. Park grounds were also rehabilitated, including the toboggan hill, pathways, benches and shaded areas.

The renovation cost about \$950,000, covered by the three levels of government and a Kiwanis Club donation.

● METRO

1 news



Restaurant owners are making a baseline for rooftop hives. Scan code for story.

- 1 Download the free ScanLife app with your smartphone at 2dscan.com
- 2 Use your smartphone to scan 2D barcodes in Metro
- 3 The codes will direct your mobile browser to m.metronews.ca

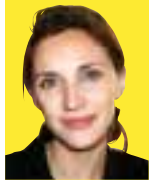
Correction

An attempted abduction of an 11-year-old girl near the intersection of York and Colborne streets occurred Friday, June 24. Incorrect information appeared in Wednesday's Metro.



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COOL WAYS TO BE A HOTTIE

LONDON
STYLESARAH FRANCIS
METRO LONDON

When the temperature rises and Richmond Row's sidewalks start sizzling, we do everything we can to keep our cool by dressing light.

Still, it's one thing to avoid sweating, and an entirely different matter to look like a total hottie in record-breaking heat.

After all, why bother dressing at all (aside from potential incarceration) if you aren't going to look fabulous?

A sweet summer dress is your answer, no matter what the fashion question.

For work, dinner or

play, a great breezy dress will get you through your entire summer day in style. Here's how:

Work it

It's important to look polished and professional at work, even in the middle of a heat wave.

Yet, I can guarantee that productivity will plummet when your pants start having PDA's with your legs.

Stay calm, cool and comfortable at work by adding a lightweight, tailored blazer (sleeves rolled up, please), a pair of nude patent pumps and a silver cuff (try ALDO) to your summer dress.

Avoid a frizzy 'do by wrapping your tresses into an easy low chignon with Goody Simple Styles Spin Pins (at Shoppers Drug Mart, around \$7).

Wine and dine it

When 5 p.m. rolls around,



there's nothing better than hitting up your fave patio for a laid-back din-

ner with friends.

Toss off your blazer, add a sparkly cocktail ring, cork or espadrille wedge sandals (try JAS Shoes) and a pair of cat-eye sunglasses to instantly take your dress from boring meetings to margaritas. Yum!

Shake it

If you're still hot to trot, skip to the front of the line at 29 Park or Club Mansion by swapping your casual sandals for edgy black peep-toe booties, a little clutch and dangly earrings.

Shake your hair out, add a smoky eye shadow and leave it on the floor.

Oh, but don't leave the dress — you'll be needing it again this weekend.

Sarah Francis lives in Union and is the style maven behind realliferunway.com. She reports on the latest trends for White Oaks Mall and iVillage.ca.

A fraudster's
'gold mine'

▶ Medical records lost in the mail

The loss of medical records containing cancer screening tests for thousands of Ontarians, including names and health card numbers, is a very serious matter, Premier Dalton McGuinty said yesterday.

Cancer Care Ontario reported Tuesday that health records for almost 6,500 patients were lost in the mail earlier this year.

"We will do everything that we can to assist in whatever way possible to retrieve this information and ensure that there is ultimately no breach of confidentiality, and that this information does not get into the wrong hands," McGuinty told reporters.

5,440
The number of test results Cancer Care Ontario is still trying to find.

Ontario's information and privacy commissioner, Anne Cavoukian, warned the data from the missing records could be used to help steal the identities of patients, calling them a "gold mine" for fraud artists.

Cavoukian said the health records should be delivered electronically, either on USB keys, CDs or other media that can be encrypted.

THE CANADIAN PRESS



Image: Kate Holt

EAST AFRICA DROUGHT CRISIS

HUMANITARIAN COALITION MEMBERS ON THE GROUND BRING RELIEF TO SUFFERING FAMILIES.

Severe drought across large parts of Kenya, Ethiopia and Somalia threatens the lives of 11 million children and their families. HUMANITARIAN COALITION members work tirelessly to save the lives of those vulnerable to death and disease.

Your help is urgently needed to save lives. PLEASE GIVE NOW!

Every donation made before September 16 will be matched by a Canadian government relief fund to rush food, clean water, shelter and medical supplies to devastated children and families fighting for survival.



THE HUMANITARIAN COALITION: Together – saving more lives.

CRISIS ALERT: Please donate now at www.together.ca or call 1-800-464-9154

Turmel gets NDP's vote

► Rookie wins unanimous backing as interim leader ► Layton's choice

New Democrat MPs have unanimously backed rookie Quebec MP Nycole Turmel as interim leader.

The MPs have wrapped up a special caucus meeting to consider Turmel as a temporary replacement for ailing leader Jack Layton.

"We have overwhelming, unanimous support for the recommendation that Nycole Turmel be our interim leader," said Libby Davies, Layton's deputy.

Layton recommended Turmel for the post on Monday, when he announced he would take a

leave of absence while undergoing another round of cancer therapy.

Turmel, a former national union leader who is already chair of the caucus, thanked her fellow MPs for their support, but declined to answer questions until her position is confirmed by the party's national council.

Davies acknowledged the NDP faces a difficult situation with its best-known figure off-stage, but she denied the party will be adrift without the charismatic Layton.

THE CANADIAN PRESS



► Nycole Turmel

Top Story



► Canadian Press reporter Alexandra Posadzki experiences a high point in her career. The CN Tower's EdgeWalk opens Monday.

DARREN CALABRESE/THE CANADIAN PRESS

On the daredevil beat

Reporters are an intrepid bunch. They proved it yesterday at a media preview of the EdgeWalk attraction on Toronto's CN Tower. Hearts thumping, they were strapped in to a harness and negotiated a walkway 356 metres above the city. Now isn't this more fun than covering a council meeting?

T.O. mayor escapes cellphone charge

Toronto Mayor Rob Ford, pictured, won't be charged after acknowledging he was talking on his cellphone while driving, police said yesterday.

No charges have been pursued against other motorists who admitted after the fact to driving while talking on the phone and equal treatment will be given to the mayor, said Toronto police spokesper-



son Mark Pugash.

"There are some logistical problems with doing it after the fact, he

added." Ford denies giving the finger to a woman who spotted him talking on his cellphone.

THE CANADIAN PRESS

The Big One to hit near Vancouver?

42 Calvert says the fault line beneath Washington state is 27 to 42 km, not 25 to 35 km as previously believed.

A new study says the next major earthquake to hit the Pacific Northwest could strike south of Vancouver Island.

Professor Andy Calvert of Simon Fraser University,

the lead author of the study, says it shows the fault line between two tectonic plates in the Pacific Northwest is seven kilometres deeper than believed.

THE CANADIAN PRESS

— ROGERS JULY HANDSET SALE —

THE HOTTEST ANDROID™-POWERED SMARTPHONES NOW ON SALE



Right now, save an additional \$50* off our already low prices on a huge selection of the hottest Android-powered smartphones.

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By the numbers

7

Moldovan authorities say seven people have been charged with organ trafficking. The prosecutor's office said that they were part of an international network that harvested kidneys from 11 Moldovan citizens. It says poor Moldovans were persuaded to sell their kidneys for illegal transplants for \$2,760 to \$6,920. Moldova is one of Europe's poorest countries, with an average monthly salary of \$190.

THE ASSOCIATED PRESS

12

After being arrested, strip-searched and held in jail for 12 days, Janet Goodin still has no idea how border guards mistook her motor oil for liquid heroin. Good-

in, 66, is looking for an apology and financial compensation. She says she would like to sue the Canada Border Services Agency, but can't afford to. "I'm on a fixed income, so that's not possible," Goodin said. "An apology would be nice, and I would like to be able to pay back the relative that I borrowed money (for legal fees) from."

THE CANADIAN PRESS

1,500

Hundreds of people protested in the small kingdom of Swaziland over claims that poor governance by sub-Saharan Africa's sole monarch has led to a shortage of essential medical supplies and a failing economy. More than 500 people demonstrated in the capital yesterday while nearly 1,000 protested in the western town of Siteki. Protests were peaceful but heavily guarded.

THE ASSOCIATED PRESS

Heavy rains sweep Seoul

► Landslides leave 36 dead, 620 homeless ► Dozens still missing

Walls of mud barreling down a hill buried 10 college students sleeping in a resort cabin and flash floods submerged the streets and subway stations in Seoul, killing at least 36 people yesterday in South Korea's heaviest rains this year.

The students were engulfed by a landslide in Chuncheon, about 110 kilometres northeast of Seoul, said fire marshal Byun In-soo. A married couple and a convenience store owner also died.

In southern Seoul, 16 people died when mud crashed through homes at the foot of a mountain. The National Emergency Management Agency reported seven deaths due to flooding in a stream just south of the capital and said the toll was expected to rise as

dozens of people were missing.

Fast-moving mudwaters filled the streets in Seoul, sending residents scrambling to the roofs of their partially submerged cars. Water filled some subway stations and spewed from sewers. TV images showed people in one flooded station using shovels, brooms and a wooden board in an effort to keep more rain from coming in. Internet and wireless connections failed in southern Seoul due to power failures.

The Seoul Metropolitan Police Agency issued a traffic emergency, mobilizing more officers to deal with the inclement weather.

Many citizens complained online that Seoul had neglected to prepare for the downpours.

THE ASSOCIATED PRESS



► Residents on a makeshift raft flee a flooded area in Gwangju, South Korea, yesterday.

Flooded city

► Witnesses said the landslide sounded like a massive explosion or a freight train.

► About 670 firefighters, soldiers, police and others rushed to rescue those trapped and extract the dead from the mud and wreckage in Chuncheon.

URGENT:
Famine in the Horn of Africa

World Vision



Millions face starvation. Canadian government will match your donation to help children and families.

Deadly hunger is sweeping through Somalia, where the United Nations has declared a famine. Children are dying as it spreads into Kenya and Ethiopia.

Thousands of desperate people are coming to World Vision. Many, critically malnourished themselves, beg for food for their emaciated children. For many, death is only days or hours away.

We are providing life-saving emergency food and water; preventing the spread of disease, and will help families rebuild their lives. But the need is desperate, and more support is needed immediately.

Please act now. Your gift doubles in value.

The Canadian government will make an equivalent contribution from its East Africa Drought Fund. Your gift of \$50 will provide \$100 of life-saving food for desperate children and families. \$100 provides \$200 of food. Please respond now.

Mail the form below or give immediately at WorldVision.ca/help

World Vision is a Christian relief, development, and advocacy organization dedicated to working with children, families, and communities to overcome poverty and injustice. As followers of Jesus, we are motivated by God's love to serve all people regardless of race, religion, gender, or ethnicity.

FAMINE EMERGENCY: Here's my gift to help starving children and families in the Horn of Africa.

Here's my donation to be matched:

☐ \$50 ☐ \$100 ☐ \$200 ☐ \$_____ to help as much as possible

Name _____

Address _____ Apt. _____

City _____ Province _____ Postal Code _____

Telephone _____ E-mail Address _____

I would like to use my: ☐ VISA ☐ MasterCard ☐ American Express

CARD NUMBER _____ EXPIRY DATE _____

SIGNATURE _____

Please make your cheque payable to: **World Vision**

1 World Drive, Mississauga, Ontario L5T 2Y4
You can donate online at WorldVision.ca/help

4249488/100958

Donate now by calling 1 800-268-1650 or go online at WorldVision.ca/help

COMPANY IN TRANSITION

Nokia loses ground to rivals

Nokia's credit rating was downgraded yesterday as the world's largest producer of cellphones struggles to compete in the smartphone segment.

Moody's Investors Service said it downgraded the Finnish phonemaker's debt rating by two notches, from A3 to Baa2, due to a "severe weakening" of Nokia's business

position. A downgrade matters because companies raise money through the issuance of bonds as well as through shares and the lower rating implies higher costs.

Moody's warned that it will take time for Nokia to make its operating systems Windows-compatible even after partnering with Microsoft.

Wolfgang Draack, Moody's senior vice-president, said the benefits of the switchover to Windows would likely not emerge until the second half of 2012.

THE ASSOCIATED PRESS

We like them Apples

PAUL SAKUMA/THE ASSOCIATED PRESS



► iPhone rules with Canadians ► RIM still has biggest market share

Canada's most popular cellphone is the Apple iPhone 4, measurement firm comScore says. In fact, Apple takes four spots on the top 10 list of most-used phones in Canada.

The 16-gigabyte iPhone 4 was the phone of choice for 516,000 Canadian users. The 32-gigabyte version was sixth on the list, with almost 337,000 users.

Apple also took second place with the eight-gigabyte iPhone 3GS, used by almost 485,000 users, and ninth with the eight-gigabyte iPhone 3G, at almost 300,000 sold.

While Research In Motion has the biggest share of the overall smartphone market in Canada — with 42 per cent, versus 33 per cent for Apple — it holds

only seventh and eighth place in the top 10, with the Bold 9700 (321,000 users) and Curve 8530 (307,000 users).

"There's a lot more RIM devices than Apple devices," said Bryan Segal, a vice-president of comScore, explaining why RIM still leads in the overall smartphone race.

"If you look at best-selling devices 11 through 50 you're going to see RIM plays a really key role in terms of being one of the top device makers."

ComScore says about 33 per cent of Canadians own a smartphone, but Segal predicts that number will soon spike as a huge group of consumers are getting ready to upgrade their phones. THE CANADIAN PRESS

► Many Canadians have owned their phones for two to three years, comScore says, which means large numbers of people will be buying new phones in the next few months.

Market moment

TSX



- 267.89
(13,032.67)

Dollar



- 0.68¢
(105.39¢ US)

Oil



- \$2.19
(\$97.40 US)

Natural gas
1,000 cu ft
\$4.318 US
(- 1.3¢)

Gold contract
\$1,615.10 US
(- \$1.70)

PRICES AS OF 5 P.M. YESTERDAY

SALES REPRESENTATIVE – CLASSIFIED

The Inside Sales Representative – Classified will sell the benefits of advertising, within a specified business category, across a range of publications (printed and electronic) over the telephone to existing and potential clients. The right candidate will achieve (or exceed) all targets and standards.

PRIMARY RESPONSIBILITIES:

- Achieve established level of contact with existing accounts and take action to increase levels of business activity (up sells)
- Handle incoming requests from customers (email, fax or phone calls) and outbound (call backs for expired ads)
- Identify, contact and generate leads to gain market share
- Identify sales opportunities and effectively present key features and benefits of products, cold calling and making outbound calls
- Understand and represent the brand and the competitive landscape
- Provide a high standard of professional individualized customer service
- Understand the brand and the competitive landscape
- Ensure all client details are fully completed on a daily basis
- Log calls and update customer database accurately with prospect information
- Present daily reports and other performance feedback to the team leader/manager

REQUIREMENTS OF THE POSITION:

- Post secondary education in a related field
- Minimum 3-5 years inside sales/telephone sales and/or customer service experience
- Knowledgeable in organizational procedures, sales processes, work flow and reporting
- Strong sales and negotiation skills, able to write advertising copy
- Excellent organizational and time management skills as well as accountable and goal oriented
- Brilliant multi-tasking abilities, able to learn quickly and adapt to change
- Impeccable communication skills and superior knowledge of MS Office

If you think you have what it takes for this position, send your resume and cover letter to hr@metronews.ca no later than **August 5, 2011**. We would like to thank all applicants for their interest in this position; however, only those considered for an interview will be contacted. All submissions will be treated as confidential.

metro

EMERGENCY: Famine declared in Somalia – children at greatest risk. Help now.

Double our donation for children in crisis.*



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DONATE NOW
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or call 1 800 567 4483

*For every dollar donated by individual Canadians to UNICEF Canada by September 16, 2011, the Government of Canada will contribute a dollar to relief efforts in the Horn of Africa.

© UNICEF/WHO/2011/1032/404

I'M NOT REALLY ROLLING ON THE FLOOR, LOL

HE SAYS ...

JOHN MAZEROLLE
METRO



I've become everything I've ever hated. For the first time, I own a cellphone.

Frequent readers will know I resisted cell ownership for a long time.

I'd watch my friends and how it changed them, making them more machine than man, twisted and evil.

One friend would walk with his head buried in his iPhone, never looking up for anything short of a natural-gas explosion. I trust the weather app saved him from the trouble of ever having to look at the sky.

Another boasted how people complimented her on her nifty fold-in keyboard. It was like her phone was a lame stand-in for a new car, similar to when childless women talk incessantly about their fascinating and never-tiresome cats.

"In short, people seemed to see their phones less as useful tools and more as necessities of roughly the same importance as the pancreas."

A third friend accidentally flushed her phone down an automatic toilet, which was amusing enough, but it lost its humour as she fretted that her friends might think she was dead. Every time a new person would arrive she'd grab them by the shoulders and scream "I FLUSHED MY CELLPHONE DOWN THE TOILET" with the same intensity one normally saves for explaining that Soy lent

Green is people.

In short, people seemed to see their phones less as useful tools and more as necessities of roughly the same importance as the pancreas.

And as a word lover, it was hard to see people strip perfectly good vowels from words, not to mention lying about how much they are laughing and/or rolling on the floor.

So I went cell-less and, as time passed, I came to enjoy being seen as an outsider. Friends acted like I hadn't received my polio shots — "You NEED one!" — but I just couldn't see it. I had no reason to have a cellphone.

But then, a realization: As I removed the usual dozen unheard messages from my land line — all hangups from shady 'businesses' — it occurred to me for the first time: I had no reason to have a land line.

Nobody ever called me, thanks to email, and I was getting so many spam calls that when it did ring I wouldn't answer.

So I'm now the proud owner of a fancy-schmancy cellphone — I use it as a GPS, video-game console, weight-tracker and excuse to avoid people on public transit.

It was a hard decision to join the pack, but I've satisfied my need to be different by also cancelling my Wi-Fi at home, which I found just kept me from my work.

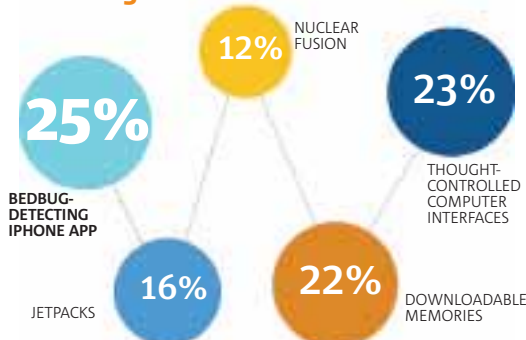
See? IMHO, I'm still an outsider! ROTFLMAO! (pls kill me)

Read more of John Mazerolle's columns at metronews.ca/hesays



Register at
metropolitanpanel.ca
and take the quick poll

What should be the next big technological innovation?



Worth Mentioning

U.K. Britain's advertising standards council banned two makeup advertisements featuring actress Julia Roberts and model Christy Turlington yesterday, ruling the ads — which used digitally altered photographs — were misleading and could no longer be used.

The Advertising Standards Authority found that the airbrushed images used by L'Oréal in magazine ad campaigns exaggerated the results women could expect from using the beauty products.

The decision was seen as a step forward in an ongoing campaign to limit the retouching of photos in beauty-related ads in Britain.

"It highlights one of the main issues, that these hyper-perfect versions of beauty are undermining people's confidence because they are beyond what's achievable," said Susan Ringwood, chief executive of Beat, which campaigns to combat eating disorders.

The advertising standards council is now allowed to consider the social impact of the ads as a criteria on whether they are acceptable.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Hospital bills dead woman's estate \$9.2M

A Florida hospital has filed a \$9.2-million claim against the estate of a woman who died after spending five years in the hospital, according to court documents.

That's how much the hospital says is owed for the care of Tameka Campbell, the documents say. She died at age 29 two years ago of progressive demyelinating neuropathy.

It is unclear whether the \$9.2

million in hospital charges is a record.

Health News Florida checked with the American Hospital Association, the Health Care Financial Management Association, and others, but no one knew of any records.

"That would have to be the biggest bill I've heard of," said Alan Levine, a division president at the Naples-based hospital chain Health Management Associates.

"I've seen more than \$1 million," he said. "But not \$9 million." Fort Myers hospital consultant Peter Young said, "A bill that large may well be in a league of its own and a Guinness Book of Records bill!"

An online search of Guinness World Records offers no category for "largest hospital bill." **THE ASSOCIATED PRESS**

Local tweets



► **@magnapak:** Beautiful day in #ldnont. Remember to

wear sunscreen and be smart in the sun. #melanoma is on the rise and isn't just an old persons disease

► **@whitepomldn:** It is 27 degrees in #ldnont are you thinking of your Christmas party plans yet? #catering #christmasinlondon

► **@SGArnold:** Very informative social media talk today by @jonathankochis at @SB-London. Thank you. #ldnont

► **@londonlibrary:** Remember

- we'll be closed on Monday, but open on Saturday as usual. #ldnont

► **@Jeffrey_VG:** My lazy boy chair has never felt so good. See you in a year #UWO

► **@ndalessa:** Have you visited <http://t.co/LDviRmt> yet? Check it out - the band lineup will be posted later this week! #uwo #owweek2011

► **@LondonEDC:** City of #ldnont is hiring a Personal Support Worker and a Registered Practical Nurse <http://ow.ly/5Or4c>

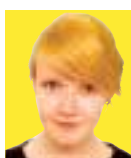
► **@allysoneckel:** September, why are you so far away? I just want to get back to school #UWO #thingsneverthoughtldsay #LdnOnt

Their winding story

► The Creekside Strays' gritty sound reminiscent of classic rock anthems ► Show this Friday

BACKSTAGE PASS

AMANDA GRANT
METRO LONDON



It's been a whirlwind couple of months for local band The Creekside Strays.

The group, made up of front man James Vinyard, bassist Nic Cavaliere and, the newest addition, drummer Justin Shorey, formed in March.

Only three weeks later The Creekside Strays were in the studio, working with Mark MacDonald at the Ontario Institute of Audio Recording Technology to create a four song EP.

"When I got the call to come play with James and Nic they had already been working together for years and years," says Shorey. "They have a huge back catalogue of songs they have been writing."

The band plans to keep learning and recording material in four song sets, building their repertoire for live shows and working toward a full-length album.

On Friday the band will be celebrating the release of their first EP entitled Tiger Waltz, performing at the Black Shire Pub.

"I think this album gives a really good snapshot of The Creekside Strays," says Shorey. "There are a lot of different genres happening,

Other event

Friday marks the start of the Citi Plaza Rooftop Film Festival

► Show Every week, from July 29 to August 19, a different movie will be screened outside on the downtown building's roof. This week Forest Gump will be playing.

making it hard to pin us down."

With a grungy edge and gritty guitar sounds, The Creekside Strays first single I've Done Wrong is reminiscent of classic rock anthems, Vinyard's voice adding colour to the character driven lyrics.

"James writes stories for song lyrics," says Shorey. For example, the song "Doc, can you help her?" on the EP is about a mother dying during child birth, Shorey says. "And each verse told through a different perspective: from the mother to the doctor to the son."

The band will be joined by another local artist, Calvin James, at the release show, a performance they have been busy preparing for.

"We can't wait," Shorey says. "We're just trying to get our foot in the door, and are using this EP as a kick start so we can start picking up steam."

The show starts at 10 p.m. at the Black Shire Pub on Talbot. Tickets are \$5 at the door.



► The Creekside Strays' Friday show starts at 10 p.m. at the Black Shire Pub on Talbot.

2
scene

Reid leads way



Johnny Reid has a leading six Canadian Country Music Award nominations. The Scottish-born, Toronto-bred singer-songwriter is up for trophies including single of the year, songwriter of the year, album of the year and male artist of the year.

THE ASSOCIATED PRESS

Like falling for the first time

Former Barenaked Ladies singer Steven Page has married longtime girlfriend Christine Munn.

Page confirmed the news via Twitter, responding to the congratulations of fans and well-wishers.

The 41-year-old Page also tweeted a picture of the couple sharing a dance, with the groom clad in a cream-coloured suit jacket

and a bow-tie. Another sepia-toned picture showed the couple performing onstage during the reception.

"Our first dance was Dream Of A Girl by the Lilac Time via video message," Page tweeted, referring to the English alt-rock group.

"I wept like a baby."

Page has three sons

with ex-wife Carolyn Ricketts, whom he divorced in 2009. The Toronto musician left the Barenaked Ladies in '09, and released his first solo album. In 2008, Page and Munn were charged with drug possession after police found cocaine. Munn also tweeted about the ceremony.

"And I'm now Mrs. Page! So happy. I married my

best friend. What a wonderful day," she tweeted on Sunday, along with a bundle of photographs.

The next day, however, she tempered her enthusiasm slightly.

"The thing that sucks about the day after the day after the wedding is all the dirty dishes and trash. And unpacking the house."

THE ASSOCIATED PRESS



► Steven Page.



UK Supreme Court gives victory to designer in battle over 'Star Wars' stormtrooper helmets



Could music biz have done more?

► Natalie Cole says Winehouse was pushed too hard to perform

Amy Winehouse's death Saturday at age 27 has rekindled questions about the role the music industry should play in helping stars kick self-destructive habits.

Could the entertainment community have done more to save one of its most gifted young artists? Natalie Cole thinks so.

A former heroin addict herself, Cole was critical of the industry after Winehouse won five Grammys in 2008.

Winehouse performed triumphantly during the

Grammy telecast that year — but did so via satellite from London, in part because she was in rehab at the time.

Cole said Winehouse shouldn't have been trying to perform, given her condition.

She said the industry has a responsibility to step in and push an artist out of the spotlight until they get their personal act together.

"Somebody needed to care about that girl, and I don't know if she had that."

● METRO



Skarsgard single again

After two years together, True Blood star Alexander Skarsgard has reportedly split from girlfriend Kate Bosworth, according to Us Weekly. "It was very mutual," a source says.

Skarsgard definitely seemed single while hitting the party circuit at San Diego Comic-Con last weekend, where sources say he got flirty with a brunette before leaving with her. "He's single, and he is loving the attention," the source says. ● METRO

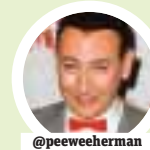
Celebrity Tweets



"Watching SNL rerun...honestly, if there's a bigger quintuple threat out there than Justin Timberlake, I've yet to see it."



"An older gentleman (mid 60's) ended the conversation we were having with the phrase, 'Lates'. Made me feel insane."



"Happy National Tequila Day!"

LONDON TRANSIT NEWS

CIVIC HOLIDAY, MONDAY, AUGUST 1, 2011

Buses will operate on a Sunday schedule on Monday, August 1, 2011 in observance of the Civic Holiday.

The downtown Ticket Office will be closed on Monday, August 1, 2011. Regular service hours will resume on Tuesday, August 2, 2011.

my bus info

www.ltconline.ca 519-451-1347

There are better ways to make your voice heard

What's the point of making a statement, giving a speech or even talking if no one is listening? Join the METROPOLITAN PANEL and have your voice heard by the readership of the world's largest newspaper.

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Metropolitan
Panel

Is that Carmindy in your pocket?



JANINE FALCON
LIFE@METRONEWS.CA

Women hoping to copy Kate Middleton's wedding day DIY makeup will save plenty of Internet-trawling time by buying one thing for just \$4.99: The Carmindy App for iPhone and iPad (an android version is in the works).

By way of serendipity, the app's wedding-make-up tutorial mirrors the look the Duchess wore. Bonus: The Carmindy App recommends the right shade for your complexion.

"One of the things I get asked all the time is 'What colours do I wear for my skin tone and my hair colour?'" says the makeup artist best known for her weekly appearances on TLC's *What Not to Wear*.

No surprise: that's the heart of the app.

Users can customize an avatar with hair, eye and



skin colour, then peruse a number of how-tos, including video clips and face charts. Looks range from the five-minute face to girls-night-out drama, and show details from winged liner to a quick

smokey eye.

Product recommendations include drugstore and department-store options, and can be added to a built-in shopping list. And in keeping with a key aspect of Carmindy's

GETTY IMAGES

"It's all a way for me to help women walk into drugstores and department stores and choose products."

CARMINDY

three books, Sally Hansen Natural Beauty Inspired by Carmindy isn't the only featured cosmetic brand.

"I talk about NARS, M.A.C, Rimmel, NYC, Milani — there isn't just one brand that everyone uses," notes Carmindy in an interview with Metro. "We do that

'splurge/save' thing — save on certain things, then splurge on the lipstick of the moment."

She also says the app will be updated with new recommendations as occasional

products are discontinued.

In addition, there's a dash of self-help via a short video explaining how to do the mirror-mantras the artist developed during her own self-esteem challenged youth.

The Carmindy app took two years to develop because the technology has developed along with it, as well as the artistry involved. "For example, just getting the shading right on the avatars took a while; the techs had to figure it out because there wasn't an easy way to do it," explains Carmindy.

Updates become available as soon as a new feature is added, and new looks are planned for each season. Coming soon: techniques based on eye and face shape. As well, Carmindy fans can learn more by watching the artist apply app-related looks on her own face on YouTube.

"It's all a way for me to help women walk into drugstores and department stores and choose products," says Carmindy.



Fab frames

Updating your look with new glasses? Be sure to select the best style and colour for your face:

- ° The frame shape should contrast with your face shape. Long faces, for example, look good in round or square frames.

- ° Eye wear can be used to emphasize your personal best feature, such as rust colours to match red hair.

- The frame size should be in scale with your face size. Large glasses will not make a small face look larger for example, and generally, small glasses do not compliment a larger face.

NEWS CANADA



DIY day spa

► Can't get to your fave sanctuary? ► Indulge at home with this tanning treatment inspired by a Canadian spa

GEE BEAUTY'S COCO TANNING TREATMENT

Where to find it: Gee Beauty in Toronto, geebeauty.com

Step 1. Scrub your entire body with a granular exfoliant.

"Make sure it doesn't have any essential oils," says Natalie Gee of Gee Beauty, "as the oils may cause the tan to streak."

Step 2. Use a favourite moistur-

izer to hydrate extra-dry patches on elbows, knees, hands and feet. Don't skip this step, as dehydrated areas will soak up extra self-tanner and leave you with dark, too-tanned patches.

Step 3. Put on non-latex gloves to protect your palms from staining, then apply tanning cream all over your body as you would a body moisturizer, making sure to leave no part uncovered.

Step 4. Grab a towel-like mitt—at Gee Beauty they use the St. Tropez Buffing Mitt—and buff, buff, buff. Take some time here

as this polishes the skin and eliminates streaking, says Gee. **TEXT BY DEBORAH FULSANG PHOTO BY GEOFFREY ROSS**

THE KIT DIGITAL BEAUTY MAGAZINE IS LIKE HAVING YOUR OWN PERSONAL MAKEUP ARTIST, HAIRSTYLIST, NATUROPATH, AESTHETICIAN AND FITNESS TRAINER—ALL IN ONE. SUBSCRIBE FOR FREE AT WWW.THEKIT.CA



For more beauty and fashion tips scan or visit metronews.ca/style

Easy, breezy, cool design

► Don't let your home turn into a sauna or an icebox ► Practical ways to stay stylishly cool during summer

DESIGN CENTRE



KARL LOHNES
HOME@
METRONEWS.CA

I always thought that decorating seasonally was a bit of a foolish idea.

But not after this horribly hot summer I've experienced in southwestern Ontario. No longer can we rely on the weather patterns that we had as kids.

Remember when it was always super-hot in July and dead cold in January (with somewhat easy temperatures in between)?

I've given up depending on the weatherman and now am decorating for all four seasons. Here's a few decor ideas what will do you good at a moment's notice, no matter where you live.

Get good blinds

Choose a pale colour cellular window dressing to reflect heat away from the house in the summer months and help to keep the cool air inside.

During the cooler weather they will act as in-

sulation to help keep the heat in. During the two extreme seasons you'll also save money on heat loss.

Use a thermostat programmer

Program your thermostat to turn on the air conditioning only during times when you will be home.

Keep in mind that for each degree you turn the thermostat up in the summer and down in the winter you will save \$100 annually on your heating/cooling bill.

Control your sweat

Washing and drying clothes, showering and cooking all increase humidity inside your home.



If these cannot be avoided, turn on a ventilating fan or dehumidifier to help extract warm, moist air and run the dishwasher and dryer during the nighttime, which is usually the coolest time.

Service your AC unit

Be sure to tune up your air conditioning unit and clean your ducts every spring to ensure they are working efficiently.

You know if you don't, chances

are your unit will stop working on the hottest or coldest day just to get you back.

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Breathe easy

Clean your furnace/air filter once a month.

Blowing cold air is no different than blowing hot air and the filter can get just as dirty.

Decorating choices for the multi climates

Close the curtains or shades on any south- or west-facing windows and you'll save two to four per cent on cooling costs.

If available, turn on ceiling and table fans.

A fan will allow you to raise the thermostat setting about four degrees and still feel cool.

Make sure ceiling fans are turning in a counter-clockwise direction (you should feel a cool breeze standing directly under the fan).

Only use the fan while you're in the room because these cool people, not places.

Try cooking with the microwave oven instead of the regular oven or fire up the grill outdoors.

Better yet, eat out or go to your mama's.

Installing compact fluorescent lights in high-use fixtures saves about 66 per cent on lighting costs — these also lower the heat the bulbs put out.

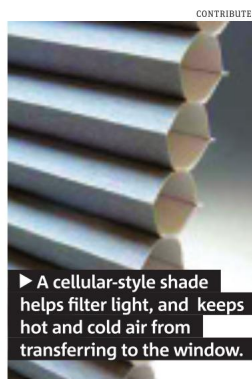
Decorate wisely

Choose heavy, lined drapes on the south and west windows to block out light and heat during the warm weather months.

► These will also be your friends during the winter by keeping drafts from pouring in through windows and patio doors.

► Put slipcovers on heavy, fuzzy and textured furniture. Choose slipcovers made from smoother, cotton fabric during the hot months.

► If all else fails, keep a bottle of peppermint cream in the fridge. It's excellent for cooling the feet and hands.



SHOWING UNWELCOME SOAP SCUM THE DOOR

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

FOR MORE, VISIT
CHARLES
MACPHERSON.COM

Question:
Dear Charles The Butler,
What is the most effective way of removing stubborn soap scum and film from a glass shower door?
I have tried commercial

cleaning products with no success.
Thank you.
S. E.

Dear S.E.

Thank you for your question. I can only imagine how unpleasant it must be to have a dirty glass shower door on a regular basis.

1. The shower door should be cleaned as often as possible. Mineral content in water varies depending on where you live.

This, along with soap residue, leads to what is commonly referred to as

"soap scum," which continues to build up over time if not cleaned regularly.

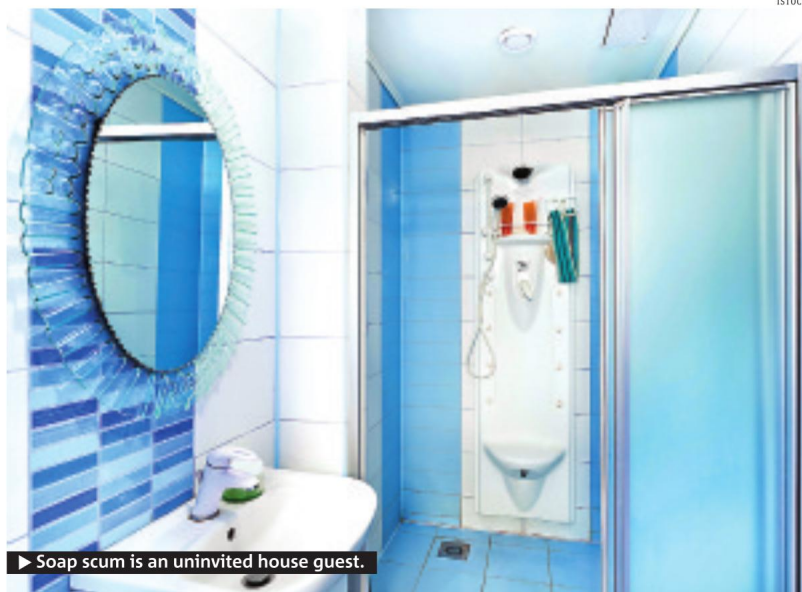
2. To remove soap scum, try using a light acidic solution of half warm water and half white distilled vinegar.

Spray the solution on the glass surface and allow it to rest for one minute.

Then wipe clean with a sponge, while remembering to rinse thoroughly.

Only use this on tiled walls, glass and never use vinegar on marble.

HAVE A QUESTION? EMAIL CHARLES.THEBUTLER@METRONEWS.CA



Celebration of our nation

► This Saturday partake in Food Day Canada, which puts the spotlight on Canadian-sourced foods, by visiting a participating restaurant or inviting friends and family over for some eats

A celebration of the culinary bounty of this country is taking place coast to coast to coast this Saturday, and Canadians are urged to take part. And the beauty of the event is that people can participate wherever they are — camping in one of this country's many parks, sailing on a sparkling lake or off one of the coasts or relaxing at a cottage.

Or simply fire up the barbecue and invite family and friends to your yard to mark the day with

renamed it and has also added nearly 300 restaurants to the roster of those who are taking part in the venture.

"It's pretty neat," she says, after contacting eateries across Canada.

The restaurants, ranging from upscale to small and homey, have agreed to offer local fare to their customers, either on the day or by offering menus for the week running up to Saturday.

Most will fly red banners outside their establishments to show they are participating in the annual event.

"The most easterly place in Canada where they are honouring Food Day is Lighthouse Picnics in Ferryland, Nfld.," says Stewart, who has eaten at the refurbished lighthouse.

"This is honest home cooking at its finest," she says. "The orders

a menu of all Canadian-sourced food, suggests Anita Stewart who founded Food Day Canada in 2003.

Since that time, when the event was called The World's Longest Barbecue, the culinary adventurer from Elora, Ont.,

are taken and each group is provided with a blanket and a semaphore flag.

"Rather than forcing



► This recipe makes three to four servings.

Ingredients:

- 1.5 kg (3 lb) beef grilling back ribs (about 7 ribs long)
- Salt and pepper, to taste
- 2 cloves garlic, minced

- 1 onion, diced
- Canola oil, as needed
- 1 can (398 ml/14 oz) tomato sauce
- 75 ml (1/3 cup) each maple syrup, cider vinegar

- 50 ml (1/4 cup) tomato paste
- 30 ml (2 tbsp) each minced canned chipotle peppers and Worcestershire sauce

food-laden guests to clamper over rocks, the trays are delivered personally to wherever the flags are stuck into the flower-strewn meadow," Stewart explains.

Food Day Canada has also partnered with Parks Canada, which is celebrating its 100th anniversary

this year. For recipes, the latest event details and a list of participating restaurants, visit www.FoodDayCanada.ca.

Beef Ribs

Preparation:

- 1 Season the rack of ribs with salt and pepper.

Roast them on foil-lined baking sheet in a 120 C (250 F) oven for 2 hours until they are crispy and browned. Let slightly cool. Cut into individual ribs.

- 2 In a saucepan, sauté garlic and onion in a bit of vegetable oil until soft-

Weekly Cookbook



Easy Grilling: Simple Recipes for Outdoor Grills (Ryland, Peters & Small, 2011) offers more than 100 easy-to-follow recipes that cover everything from burgers and chicken wings to impressive options such as Duck Satay with Grilled Pineapple and Plum Sauce, and Chicken Tandoori Kabobs.

You can also create your own flavour combinations using the Sauces, Marinades and Dips section.

Other sections include Meat and Poultry, Fish and Seafood, Vegetables, and Salads and Sides.

ened. Stir in tomato sauce, maple syrup, vinegar, tomato paste, peppers and Worcestershire sauce; bring to simmer. Remove from heat. Reserve about 1 cup of sauce for dipping.

- 3 Grill or broil ribs over medium heat for 10 to 15 minutes, brushing generously with barbecue sauce and turning occasionally. Serve with the additional barbecue sauce.

THE CANADIAN PRESS/CANADA BEEF INC.

► Jill Curan, owner of Lighthouse Picnics, a picnic-style eatery, offers this recipe for delicious apple cake



► This recipe makes 10 servings.

Preparation:

- 1 Into bowl, sift flour, baking powder and salt. Set aside. In separate bowl, cream together sugar

and butter; add egg, vanilla and beat until fluffy. Stir in dry ingredients, alternating with milk. Stir until blended.

- 2 Pour batter in greased 23-cm (9-inch) round cake pan. Pat grated apple onto top of batter; combine cinnamon and

sugar and sprinkle mix over top. Bake in a 180 C (350 F) oven for 50 minutes until tester inserted in cake comes out clean.

Ingredients:

- 425 ml (1 3/4 cups) flour
- 15 ml (3 tsp) baking powder
- 3 ml (3/4 tsp) salt
- 175 ml (3/4 cup) sugar
- 125 ml (1/2 cup) butter
- 1 egg

- 7 ml (1 1/2 tsp) vanilla
- 175 ml (3/4 cup) milk
- Toppings:**
- 3 McIntosh apples, grated
- 50 ml (1/4 cup) brown sugar
- 3 ml (3/4 tsp) cinnamon
- Toffee Sauce**
- 125 ml (1/2 cup) butter

- 175 ml (3/4 cup) brown sugar
- 125 ml (1/2 cup) sugar
- 250 ml (1 cup) whipping cream
- 300 ml (1 1/4 cup) corn syrup
- 2 ml (1/2 tsp) vanilla

- 3 In saucepan, mix toffee sauce ingredients. Bring to a boil for 5 minutes, stirring often, until sauce runs smooth.

- 4 To serve, cut warm cake into slices and pour warm sauce over each.

COURTESY OF JILL CURAN

Pick up and pack a summer picnic

► Food consultant and cookbook author Trish Magwood says to keep your planning simple, quick and easy



YLVA
VAN BUUREN
FOR METRO

Summer picnics are a wonderful way to while away an afternoon. And when you're planning a picnic, it's important to keep it simple, says food consultant and cookbook author Trish Magwood.

"We all want a little bit of a break so we don't want to slave in the kitchen. We want to do things that are quick and easy for us with low stress."

Here are some tips:

- Put simple-to-eat items on the menu that you can prepare ahead. For example, gourmet sandwiches and a salad that travels well. Drinks, snacks and that's all you need.
- Have appropriate containers for food. "A good soft cooler is key," says Magwood, "so you're not having to lug around a big heavy cooler."
- Think refreshing finger food when you plan snacks. For example, cut up cucumber and celery



► Trish Magwood

and bring a store-bought or homemade dip. And everyone loves cut up watermelon.

- Keep any perishable foods cold or below 4 C, recommends the Canadian Food Inspection Agency. If possible, refrigerate or freeze food the day before you pack it.
- Pack lemonade crystals and mix them with water

in a thermos when you get to where you're going.

► Instead of carrying pop-up chairs, just bring a few blankets. "I use one for sitting on," says Magwood, "and the other for a ground buffet."

MOVE

A picnic is all about food ... and activities the whole group can enjoy, says Murray Seward, president of Vancouver-based Canadian Outback Adventures and Events, which organizes summer picnics for companies.

It's all about bringing the kid out in everyone, says Seward. Be sure to plan a game of baseball, catch, or old-style sack races. Or consider something different such as Jenga, chess with an inflatable chess board, or create your own obstacle course with stations equipped with water pistols and other fun toys.

Picnic Chicken Salad

Magwood says this salad was always a summer lunch entertaining favourite — make-ahead, delicious and all-in-one easy to serve. Serves 8.

Ingredients:

- 1 large round loaf of bread (such as a boule or Calabrese loaf)
- ½ cup (75 mL) mayonnaise
- ½ tsp (2 mL) curry powder
- ¼ tsp (1 mL) paprika
- 3 cups (750 mL) cubed cooked chicken (about 3 breasts)
- 1 cup (250 mL) green grapes, halved
- ½ cup (125 mL) chopped celery
- ½ cup (125 mL) sliced almonds, toasted
- ¼ cup (60 mL) thinly sliced green onions
- 1 sweet red pepper, diced
- Salt and black pepper
- Romaine lettuce



Preparation:

1 Slice off the top 2 inches (5 cm) of the loaf in one big piece and set aside. Hollow out the bread, leaving a shell ½-inch (1 cm) thick.

2 In a medium bowl, stir together mayonnaise, curry powder and paprika. Stir in chicken, grapes, celery, almonds, green onion, red pepper, and salt and black pepper to taste.

3 Line the bread bowl with lettuce leaves. Spoon chicken mixture into the bread. Replace the bread top.

Wrap tightly in plastic wrap and refrigerate until picnic time. (You can make the chicken salad the day before, and you can fill the bread half a day in advance.)

4 To serve, using a bread knife, slice the boule into wedges into ready-made sandwiches.

Excerpt from: In My Mother's Kitchen by Trish Magwood. Published in Canada by HarperCollins Publishers Ltd. Copyright 2011 by Trish Magwood. All rights reserved.

Last-minute has its advantages



JO
CALVERT
FOR METRO

Now that daylight hours are shorter and August is almost upon us, even the happiest of homebodies may find the backyard is getting boring and a staycation just won't satisfy.

Luckily, last-minute planning is easier than ever.

You will be able to access tours, travel and accommodations at discounted rates, you may know what the weather is likely to be, and how easily you can step away from your current workload.

The "mini" part is also good — you will have less to pack, you won't need to ask someone to water the plants and collect the mail, and you're more likely to leave your cell-



► Camping with children is an affordable last-minute vacation option.

phone and laptop behind for a work-free time out.

Start planning

Determine a budget and decide if you want a relax-

ing retreat for one, a romantic trip for two, or a family holiday — including the dog — to relax and reconnect.

Do you want to chill

out with a book at the beach? Explore a city? Cottage or camp with the children?

Or is everyone eager for a new challenge?

Surf online

- Adventure tours: backroads.com/ (search "Canada") or trafalgar.com
- Air travel: aircanadavacations.com, westjet.com (for both, select "Deals") or flyporter.com
- Car travel: caamagazine.ca/ (select "Travel")
- Cottage rentals: cottagesincanada.com or rentcottage-canada.com/
- Music festivals: exclaim.ca/festivals/
- National parks and heritage sites: pc.gc.ca/
- Trails: canadatrails.ca/ or check out the Trans Canada Trail at tctrail.ca/home.php
- Train travel: viarail.ca/en/deals/ (select "Packages") and find categories such as adventure, city tours, gay friendly and more)
- Travel agents: yellowpages.ca/business/0135610.0.html

Trends and tips

Shelly Monroe, owner of Sweet Escapes Travel in Halifax, shares some trends and tips:

- More people are taking three- or four-day breaks instead of traditional two-week vacations.
- Romantic spa getaways for couples are now offered by many inns and hotels.
- Family packages for adventure travel, such as rock climbing and rafting, are increasingly popular.
- Check out free festivals, then build fun family breaks around them.
- Ask about hotel discounts for CAA members, seniors, and employees of government, fire and police services. Check if kids stay free, if there is a complimentary breakfast or airport shuttle service, and if a third night is free after a two-night stay.
- Be flexible, your first choice may be sold out.



For the Love of Summer.

Metro loves summer, and so do Metroropolitans. But why? We asked The Metropolitan Panel: What are your Top 10 things to do in the summer? Here's what you had to say!

- 1. ROAD TRIP!**
- 2. Curl up with a good book/magazine/iPad**
- 3. Eating ice cream**
- 4. Travel abroad**
- 5. Heading to the cottage/cabin/campsite**
- 6. Barbecue everything in sight**
- 7. Hitting the beach**
- 8. Drinks on a patio**
- 9. Catch a summer blockbuster**
- 10. Relaxing picnics**

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LONG WEEKEND BEEER DEEEEALS



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Blockbuster day for Jays

► Toronto GM had been trying pry Rasmus from Cards since last season

The first order of business for Toronto general manager Alex Anthopoulos when newly acquired outfielder Colby Rasmus joins the Blue Jays is to have his "elephant in the room" conversation.

Rasmus, the centrepiece in a pair of blockbuster deals Anthopoulos made with the Chicago White Sox and St. Louis yesterday, comes to Toronto with rumblings of a feud with the Cardinals coaching staff that sped up his departure.

Anthopoulos has long had his eye on Rasmus, a 24-year-old former first-round pick who was batting .246 this season with 14 doubles, six triples, 11 home runs and 40 RBIs. He says he's isn't fazed by the reports of Rasmus butting heads with St. Louis manager Tony La Russa.

"I always like to have the 'elephant in the room' conversation," the Toronto GM said in a press conference prior to the Jays (51-52) home game against Baltimore (41-58). "I had it with Brett (Lawrie), I had it with Yunel (Escobar), and I

plan on having it with Colby."

"Let's talk about the past once. And once we have that conversation it's over, we don't talk about it again. We're going to start fresh and we want to know what makes him happy and how we can get the best out of him."

The eight-player deal also brought utility player Mark Teahan and three relievers to Toronto. The Jays sent outfielder Corey Patterson, right-handed starter Edwin Jackson and relievers Marc Rzepczynski and Octavio Dotel to St. Louis. The Cardinals will also receive three players to be named later or cash considerations.

In exchange, Toronto added Rasmus and relievers Brian Tallet, Trevor Miller and P.J. Walters.

Jackson had been acquired earlier in the day as part of a four-player deal with the White Sox. He and Teahan came from Chicago for long-serving Toronto reliever Jason Frasor and pitching prospect Zach Stewart.

THE CANADIAN PRESS

Frasor's farewell



The Jays' bullpen has been shaken up dramatically, especially the departure of Jason Frasor to the White Sox.

- The 33-year-old right-hander leaves as the franchise leader in games pitched.
- "Of all the places I could have gone, I can't believe it's Chicago," said Frasor, a native of the Chicago area. "It's going to be all right I think. I'm really excited about meaningful August-September baseball."
- Frasor had an earned-run average of 2.98 in 44 games this season.



► Toronto's new centrefielder Colby Rasmus slides into home during a game with St. Louis earlier this month.

Angels' Santana rises above Cleveland batters

Ervin Santana pitched the first solo no-hitter for the Angels in nearly 27 years, fanning 10 and leading Los Angeles over the Cleveland Indians 3-1 yesterday.

Santana allowed only two runners — a first inning error and an eighth in-

ning walk. Cleveland's run came when Ezequiel Carrera reached on a routine grounder off of short stop Erick Aybar's glove.

Carrera stole second, went to third on a ground-out and scored on a wild pitch. THE ASSOCIATED PRESS



► Ervin Santana

Sports in brief

Titans bringing in Hasselbeck: Source

NFL. Matt Hasselbeck is heading to the Tennessee Titans, according to a person familiar with the agreement.

The quarterback spent

10 years with the Seattle Seahawks.

THE ASSOCIATED PRESS

Rose to serve time for DUI

NBA. A Michigan judge sentenced former Toronto Raptor Jalen Rose to 20 days in jail yesterday for a drunk-driving crash along a snowy suburban Detroit road in March.

THE ASSOCIATED PRESS

4

sports

Quoted



"He was going to come in and really help us win more games, but it didn't work out."

WASHINGTON LINEBACKER LORENZO ALEXANDER ON QUARTERBACK DONOVAN MCNABB. A SOURCE REQUESTING ANONYMITY TOLD THE ASSOCIATED PRESS YESTERDAY THAT THE VIKINGS WERE IN TALKS WITH THE REDSKINS TO BRING MCNABB TO MINNESOTA.

"Relationships broke down, and now he's not here, but you can't really focus on that. You've got to continue to move forward."

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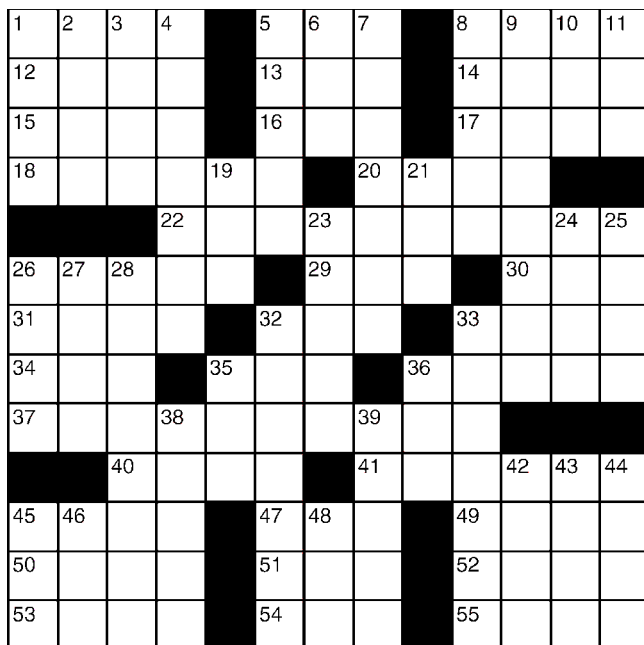
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Crossword

Across

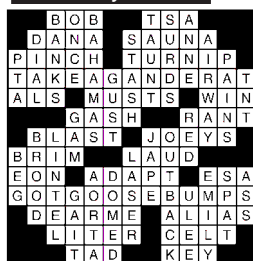
- 1 Long story
5 Pouch
8 Advantage
12 "— have believed it?"
13 Former Pan Am rival
14 Check
15 Greek vowel
16 Conger, for one
17 McNally partner
18 Nearsightedness
20 Blunder
22 Relax for a bit
26 Approach bedtime
29 Numerical prefix
30 Sister
31 Saharan
32 Bashful
33 No from the White House
34 Chaps
35 Will Smith biopic
36 Be philanthropic
37 What I'd've done "if I knew you were comin' "
40 Narrative writing
41 Computer whiz
45 Medal earner
47 Center
49 Marx or Malden
50 MasterCard alternative, for short
51 Schedule abbr.
52 B.P.O.E. members
53 Punch partner
54 Shaft of light
55 Medicinal amount
Down
1 Emulate Michael Phelps
2 "Hi, sailor!"



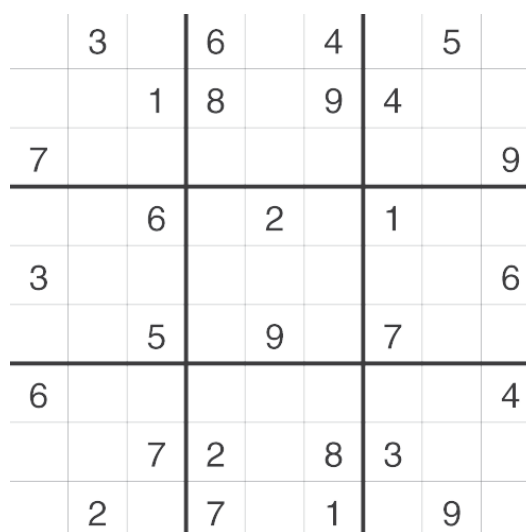
- 3 Attend
4 Made suitable
5 The turf in "surf and turf"
6 Shock and —
7 City in Alberta
8 See 20-Across
9 Wounded with sound
10 Martini ingredient
11 Conclusion
19 Author Fleming
21 Kyoto cummerbund
23 Body of principles
24 Car
25 Recognize
26 Mary's follower
27 Neighborhood
28 Worked unskillfully (with)
32 Horror movie villain, often
33 Like some sweaters
35 Commotion
36 — out a living
38 Strong adhesive
39 Cornered
42 Head light?
43 Annoys
44 Otherwise

- 45 Meccan pilgrimage
46 Ostrich's cousin
48 Astrich Hagen

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

6	2	8	4	9	5	7	3	1
5	3	1	7	2	8	6	9	4
4	7	9	1	6	3	2	8	5
8	5	7	3	1	6	4	2	9
1	9	2	5	4	7	8	6	3
3	4	6	2	8	9	5	1	7
2	1	5	6	3	4	9	7	8
9	6	4	8	7	1	3	5	2
7	8	3	9	5	2	1	4	6

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

dear dear agni yew complimented mi today. meye shining personality that brings gloriee to your dai. there are such few peepole that understand mi 4 who i m. hour lives weel never be separte. the hare can be fownd on my belli now. tape did not work but super glue did the trick. it is a constant presents. the tickle reminds me of you. forever my oneness. **BELOVED**

Lover Man, Geography really sucks. But no matter the distance and circumstances, my love for you will never die. Forever and ever. Promise <3 **LOVER GIRL**

My Kisser Boy, Love u when u KISSED me babes..it wasnt long time ago, beautiful experience - yr fingers have magic when they write :) thank u.

KISS YOU WITH PASSION EVERY TIME

Today's horoscope

♈ Aries March 21-April 20 Start thinking seriously about developing an artistic project on which you have made several false starts.

♉ Taurus April 21-May 21 Some people always seem to put their emotions before logic, and you will meet one such individual today.

♊ Gemini May 22-June 21 Try to remember that words can hurt as well as heal.

♋ Cancer June 22-July 22 There is no point in taking anything too seriously today. Instead focus on something that makes you smile.

♌ Leo July 23-Aug. 23 You may want to start something new but there is no need to rush.

♍ Virgo Aug. 24-Sept. 22 What goes through your mind over the next few days will be the blueprint for your life in the months ahead.

♎ Libra Sept. 23-Oct. 23 Go where there is music playing and people laughing — it's where you'll feel most at home.

♏ Scorpio Oct. 24-Nov. 22 If you hesitate for even a minute, an opportunity could pass you by. Act quickly.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21 You may not agree with a friend but don't let it come between you.

♑ Capricorn Dec. 22-Jan. 20 You've allowed yourself to get too attached to something of a material nature.

♒ Aquarius Jan. 21-Feb. 18 It will pay you to let loved ones know what you are up to today.

♓ Pisces Feb. 19-March 20 It may be tempting to try to get through your workload in one mad rush. You must resist that urge.

● **SALLY BROMPTON**

Caption contest



"Yo
mamma is so
fat..."
RHODA L.



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